

Symptom Diary

Relationship to the individual:

How often do you see the individual?

When did you start having concerns about the individual's ability to function on a day-to-day basis?

What medications is the individual currently taking?

10 Early Signs to Watch For

1. Memory loss that affects day-to-day function
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation of time and place
5. Poor or decreased judgment
6. Problems with abstract thinking
7. Misplacing things
8. Changes in mood and behaviour
9. Changes in personality
10. Loss of initiative

Instructions:

This diary will allow you to write down all your thoughts, feelings, observations and questions in one place. Keeping a diary can be useful for your discussions with the doctor or other healthcare professional. Print multiple copies and record your observations in the diary every day, or just make occasional notes in it if there is something you think you should keep track of.

This diary may be used by both people concerned about changes in someone they know, or people worried about changes in themselves. Make sure to bring this diary to every medical appointment.

Diary entry examples:

What happened?

Example: He bought a huge bag of lemons - three times today. I found them all over the kitchen, in the living room and in the study.

What's normal for the patient?

Example: He knows that lemons belong in the fridge. Plus, he'd never take more than one trip to the store in a day - and only buy a couple of lemons at a time.

When did this happen?

Example: January 28, 2009

What happened?

What's normal for the patient?

When did this happen?

What happened?

What's normal for the patient?

When did this happen?

What happened?

What's normal for the patient?

When did this happen?

What happened?

What's normal for the patient?

When did this happen?

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. All decisions regarding patient care must be made with a healthcare provider and consider the unique characteristics of each patient.

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